



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Börner, Jens-Uwe

Club: Gaensefurther Sportbewegung
Number: 214

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:24:39

Speed: 7.62 km/h
Running performance: 7:49 min/km

Rank in course/Total: 416 (of 456)

Rank in course/Men: 367 (of 399)

Best time in course: 1:39:03

Rank in category: 89(of 99)

Best time in the category: 2:00:26

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	16:43	5:03	20	2:31	80	4:12	3.30	16:43	5:03	37		367	4:08
Schlüsie	3.10	23:06	7:27	77	7:02	312	9:44	6.40	39:49	6:13	37		367	13:49
Hermannsklippe	2.60	21:12	8:09	74	6:57	303	9:39	9.00	1:01:01	6:46	37		367	23:21
Brocken	3.10	35:34	11:28	73	12:56	305	17:33	12.10	1:36:35	7:58	37		275	40:31
Eiserner Handwe	3.60	40:21	11:12	99	25:58	399	28:18	15.70	2:16:56	8:43	37	16:40	367	1:08:46
Schlüsie	4.10	23:45	5:47	81	9:45	345	12:47	19.80	2:40:41	8:06	37	20:47	367	1:21:33
Loddenke	3.10	19:18	6:13	88	8:09	346	9:54	22.90	2:59:59	7:51	37	25:20	367	1:31:27
Ilseburg/Markt	3.30	24:40	7:28	94	12:33	380	14:09	26.20	3:24:39	7:48	89	1:24:13	367	1:45:36